

Crisis Lines

[National Suicide Prevention Lifeline](#)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. You can call **1-800-273-TALK (8255) or chat.**

[Crisis Text Line](#)

Text Line is free, 24/7 support for those in crisis. **Text 741741** from anywhere in the U.S. to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. With over 79 million messages processed to date, they are growing quickly, but so is the need.

[Trevor Lifeline](#)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people under 25. The TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7 at **1-866-488-7386**. TrevorText is available by texting **"START" to 678678**.

[TrevorSpace](#) is an online international peer-to-peer community for LGBTQ young people and their friends.

[Trans Lifeline](#)

Trans Lifeline is a national trans-led 501(c)(3) organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Fighting the epidemic of trans suicide and improving overall life-outcomes of trans people the Trans Lifeline facilitates justice-oriented, collective community aid. Their peer support hotline is run by and for trans people. The line is available daily from 7 a.m.–1 a.m. PST / 9 a.m.–3 a.m. CST / 10 a.m.–4 a.m. EST. Volunteers may be available during off hours. Call **877-565-8860** to speak to someone now.

[Veterans Crisis Line](#)

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping veterans of all ages and circumstances; many of the responders are veterans themselves. If you're a veteran in crisis or concerned about one, there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week. **Call 1-800-273-8255 and press 1 or text 838255.**

5 Action Steps for Helping Someone in Emotional Pain

<p>ASK</p> <p>"Are you thinking about killing yourself?"</p>	<p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p>	<p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p>	<p>HELP THEM CONNECT</p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	<p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p>
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www.nimh.nih.gov/suicideprevention

CDC RESOURCES

- **Suicide Rising Across the US: CDC Vital Signs Report**

This Vital Signs web page includes an MMWR Early Release on state suicide trends and circumstances contributing to suicide, a graphic factsheet and website, a media release, and social media tools featuring the topic of suicide.
- **Coping with a Disaster or Traumatic Event**

CDC's Web page on mental health during and after a disaster includes information on coping with the stress that results from natural and manmade traumatic events.
- **Suicide and Violence Prevention among Gay and Bisexual Men**

This CDC Web page provides suicide prevention resources and information for gay, bisexual, and other men who might encounter homophobia, harassment, and violent acts.
- **Mental Health**

This page provides information on all of CDC's work related to mental health.
- **Suicide in Rural America**

CDC's web page on suicide in rural areas provides reports, a policy brief, a press release, and suicide prevention resources.